

**IN THE CLAIMS:**

Please amend the claims as follows:

Sub B2  
A4  
6. (Amended) The laminate according to claim 1, wherein the adhesive (B) that becomes capable of release when receiving energy and the adhesive (C) that does not become capable of release even when receiving energy are (B-1): a crosslinkable polymer containing a foaming agent, and (C-1): a crosslinkable polymer, respectively.

8. (Amended) The laminate according to claim 4, wherein the foaming agent is at least one selected from a thermal expansible hollow body, an inorganic foaming agent, and an organic foaming agent.

As  
Sub B1  
9. (Amended) The laminate according to claim 1, further comprising (B'): an adhesive that becomes capable of release when receiving energy, (B') being same as or different from the adhesive (B), and (A'): a substrate same as or different from the substrate (A), which are sequentially laminated on an adhesive layer surface of the adhesive (C).

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16. (Amended) An article comprising a laminate according to claim 1.

17. (Amended) a substrate recycling method comprising allowing a laminate according to claim 1 to receive energy, releasing a substrate, and then recycling the same.

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